

MURRAY PARK

Vita Course Stations

- 1 - Warm Up
- 2 - Vault Beams
- 3 - High Jumps
- 4 - Sit Ups
- 5 - Parallel Bars
- 6 - Step Ups
- 7 - Pull Ups
- 8 - Incline Bars
- 9 - Cool Down
- 10 - Cool Down

The Vita course starts by the northwest corner of the swimming pool and ends at the southwest corner of the swimming pool. The course is .66 miles long (or 3,500 linear feet long.)

200 0 200 400 600 Feet

